

ADAPTIVE PHYSICAL EDUCATION

ADAPT 90 Adaptive Swimming 

For physically limited students, includes basic swimming strokes and watermanship skills, with adaptations necessary to circumvent physical disability. Repeatability: May be taken 4 times for credit.

Transfer Credit: CSU; UC with limits: Any or all PE activity courses combined: maximum credit- 4 units.

Section	Days	Times	Units	Instructor	Room
62691	MW	12:40PM-02:00PM	2.00	M.Witzig	POOL
&	F	12:40PM-01:30PM		C.Brezner	POOL
62692	TTH	12:40PM-02:00PM	1.50	C.Brezner	POOL
62693	F	12:40PM-01:30PM	0.50	C.Brezner	POOL

ADAPT 91 Adaptive Bowling 

Techniques of bowling from a wheelchair with a variety of adaptations to circumvent disabilities. Repeatability: May be taken 4 times for credit.

Transfer Credit: CSU; UC with limits: Any or all PE activity courses combined: maximum credit- 4 units.

Section	Days	Times	Units	Instructor	Room
62694	M	02:30PM-05:35PM	1.50	M.Witzig	OFFCAM

For physically limited students. Meets at Boardwalk Bowl, 115 Cliff St., Santa Cruz.

ADAPT 93 Exercise and Fitness-Adaptive 

For physically limited students, a variety of special equipment designed to increase strength, endurance, feasibility, and cardiovascular conditioning is available. Repeatability: May be taken 4 times.

Transfer Credit: CSU; UC with limits: Any or all PE activity courses combined: maximum credit- 4 units.

Section	Days	Times	Units	Instructor	Room
62699	MW	09:30AM-10:50AM	1.50	M.Witzig	1112A
62701	M	10:00AM-10:50AM	1.00	C.Brezner	1118
&	W	10:00AM-11:05AM		C.Brezner	1118
Emphasis on flexibility and balance.					
62697	T	10:05AM-10:55AM	1.00	M.Witzig	1101
&	TH	10:05AM-11:10AM		M.Witzig	1101

62698	MW	11:10AM-12:30PM	2.00	M.Witzig	1112A
&	F	11:10AM-12:00PM		C.Brezner	1112A
62700	MW	11:10AM-12:30PM	1.50	C.Brezner	STADIUM
Section 62700 includes aerobics and sports development. Meets in the football stadium.					
62696	TTH	11:10AM-12:30PM	1.50	C.Brezner	1112A
62695	F	11:10AM-12:00PM	0.50	C.Brezner	1112A

ADAPT 94 Adaptive Tennis 

For physically challenged and/or developmentally delayed learners. Recommended Preparation: Eligibility for English 100. Repeatability: May be taken a total of 4 times; thereafter may be audited.

Transfer Credit: CSU; UC with limits: Any or all PE activity courses combined: maximum credit- 4 units.

Section	Days	Times	Units	Instructor	Room
62702	T	10:00AM-10:50AM	1.00	C.Brezner	TENCOURT
&	TH	10:00AM-11:05AM		C.Brezner	TENCOURT